

LighterLife Management

Week 4 Recipes:

Fruity overnight oats

A couple of minutes prep the night before and you've got a healthy, simple breakfast all ready to enjoy in the morning.

Serves: 1

Nutrition per serving:

298 kcal, 17g protein, 36g carbs, 11g fat, 8g fibre

Ingredients:

- 30g oats
- 1 tsp ground almonds
- 1 tbsp linseeds
- 40g blueberries
- 40g strawberries
- 80g fat-free Greek yoghurt
- 40g raspberries

Method:

1. Put the oats in a bowl, stir in the ground almonds, linseeds and 100ml boiling water, then mash in the blueberries and strawberries.
2. Chill overnight the fridge, then in the morning top with the yoghurt and raspberries.

Tips:

- Vary the fruits and nuts – blackberries work well in place of blueberries, while crushed hazelnuts are a great addition.